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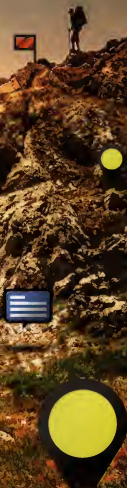
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ABOVE PHOTO: Washington State's hiking trails offer enjoyment and exercise for locals and visitors alike. Photo by Tami Asars; www.tamiasars.com

ON THE COVER: A hiker explores the vibrant blues and greens of Lila Lake near Snoqualmie Pass, Wash. Photo by Tami Asars; www.tamiasars.com



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Why hike?

By Diane Rudholm

Dear readers, I want to know more about you! Here's what I'm wondering: What is it about hiking that you like so much?

You do know that there are wild animals out there, right? There are bears, marmots, gray jays, seagulls, starfish and (gasp!) mosquitoes—all looking for a feast. Unpredictable storms, tsunamis, volcanic eruptions or hailstones the size of bowling balls could be looming. And, what about Sasquatch? That's one guy you don't want to mess with.

Natural beauty

Well, sure, there is all of that great unknown to contend with. But, maybe—just maybe—the views make it worth it: craggy mountaintops, whimsical butterflies and wildflowers, stone-dappled beaches and shimmering cascades.

Or, you love to hike because the vistas sing and the sunsets dance. Or, maybe you are not a fan of any of that frothy natural beauty stuff—it's for the birds!

Tough as fruit leather

Maybe you hike because it's a challenge. You are one tough adventurer. The toughest. You revel in mud, grime and moose drool (isn't nature just covered in moose drool?). You are a hardcore through-hiker composed of pure grit and unshakeable mettle. You could survive a year in the great unknown with just a pile of rocks and a paperclip. Once, you ate a whole ant colony just to show your friends that you could do it.

Office adventurer

Or, maybe you're the weekend warrior type. You like to get away from the 9-to-5, away from conference calls and PowerPoint presentations for a little agenda-less freedom from corporate synergies. You like the exercise and practical benefits of your trek, too. You like the rest and restoration between grueling deadlines. Plus, hiking provides a nice excuse to buy gear. Mr. gear.

Crunch, crunch, crunch

Oh, I've got it. You're one of them tree huggers, aren't ya? You like to hear the sound of



The author soaking up the greenery on the northeast side of Mount Rainier. Photo by Leyland Rudholm

rain pattering against your hemp rain jacket, the gentle crunch of granola, and of the earth beneath your feet. You love to forage dandelions for salads and nettles for tea, and you can spot a patch of morels from a mile away.

All of the above

Am I warm yet? Maybe it would help if I told you what I like best about hiking. I like to hike for all of the reasons above to some degree. I have not dined on an ant colony per say, but I do appreciate how the simplest foods taste great after a long hike. I love how hiking soothes my spirit in hard times, challenges my mind and body, and reconnects me with the earth. I love how hiking brings people together. Some of the best conversations I have had have been on trails; some of my best silences have been out there, too.

Whatever your reasons are for hiking this season, happy adventuring!

Tell us why you love to hike (photos welcome) at Editor@OutdoorsNW.com or [@OutdoorsNWmag](https://www.facebook.com/OutdoorsNWmag)

Diane Rudholm is the managing editor and social media manager of OutdoorsNW. She loves hiking with her friends and family and is looking forward to August huckleberries.

OutdoorsNW

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COMING EDITORIAL

September/October 2014: The Thrifty Runner; Kid-Friendly Hostels; Rest and Recovery; Hiking Stuart Island in the San Juans; October Beer Fests; Top 10 Oregon Beers; **Special Section:** Planning for Winter!

OutdoorsNW is published 8 times a year and is distributed throughout the Northwest and directly to participants of outdoor sports. All contents of **OutdoorsNW** are copyrighted and may not be used without the written consent of the publisher. **OutdoorsNW** is printed on recycled paper and is fully recyclable. Subscription price is \$21 per year; \$35 for two years payable in advance. Each subscription includes 6x **OutdoorsNW** 1x **NW Cyclist** and 1x **SNOW** Guide. Editorial contributions are welcome. Send a SASE for writer's guidelines. Contact us for advertising at advertising@OutdoorsNW.com

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Backpacking Olympic National Park's Wild Wildcatter Coast

Story and Photos
by Craig Romano

Large wild stretches of coastline in the Lower 48 are about as common as phone booths. Wilderness beaches have all but disappeared in the continental United States. A few pockets still exist in Maine and on barrier islands along the East Coast. On the West Coast, California's Lost Coast is as wild as it was before the 1849 Gold Rush.

Continued next page

Seastacks and tidepools greet hikers on the approach to Jefferson Cove in Olympic National Park, Wash.





Summer evening at Toles Point in Olympic National Park near La Push, Wash.

And here in the Pacific Northwest, Washington's Olympic Coast remains one of the longest wildest stretches of seashore south of the Canadian border.

50 Rugged Miles of Coastline

The Olympic Coast harbors nearly 50 miles of rugged and stunning coastline free of development and roads, offering some of the finest beach hiking in America. The entire wilderness coast from the mouth of the Hoh River to Shi Shi Beach bordering the Makah Reservation also makes for some of the best backpacking in the country.

And the southernmost 17 miles, which I like to call the Wildcatter Coast, are exceptionally rugged, offering a true wilderness experience.

On this stretch of Pacific shoreline, clamber over daunting headlands and traverse saturated forests. Wander past secluded coves, sprawling tide pools and magical beaches. Marvel at roving shorebirds harvesting the surf. Awe at crusty rocks decorated in purple and orange by colonies of starfish. Experience amazing sunsets watching a fire-red sun extinguished by a furious ocean disrupted by jagged sea stacks and bulky guano-stained bird-incubating islands. And pass relics of the shattered dreams of oil men (hence Wildcatter) who had hoped to exploit this rugged beauty.

The Wildcatter Coast is shorter but more difficult to hike than the longer Shipwreck Coast from Rialto to Cape Alava to the north. But, you won't need to secure a limited camping reservation along this stretch, making trip planning easier. However, you still need an overnight permit.

You'll also need to arrange for a shuttle to do this hike as a one-way. It's best from south to north, timing the tide for the initial headland rounding and getting the hardest part of the hike—the trudge over Hoh Head—done with first.

Starting in a forest of big cedars and hemlocks, follow the remnants of an old road, leaving Oil City, which was platted with parcels sold to speculators but never developed. Following the Hoh River the trail soon ends on its rocky banks. Now walk toward the coast. The surroundings

Continued on page 10

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Author Craig Romano backpacks near Giant's Graveyard in Olympic National Park, Wash.

are ethereal. Abbey Island floats above the mist south, while Destruction Island hovers above the surf farther out to sea.

Reach the beach and turn north immediately rounding imposing cliffs—passable only in low tides. After clambering over some big boulders, reach Jefferson Cove. Then the fun begins with an insanely steep climb via muddy, slippery, and un-

nerving cables and sand ladders up over massive bulky Hoh Head. Take your time and concentrate; the going is tough. The way is muddy and slippery in places and can be slow going.

You'll top a 350-foot high point but gain over four times that elevation in countless ups and downs along the way. Cross a few creeks and pass some decent viewpoints out to the

crashing sea. Negotiate mud holes capable of swallowing entire civilizations.

At just over six miles, come to good camps on a wooded bluff with fine views out to the ocean. Mosquito Creek lies just below providing drinking water and a terrifying ford in high tides and rainy periods—sometimes not fordable at all. During low tides in the warmer months, however, it is often just an ankle wetter.

Beyond the creek lies one of the nicest stretches of sandy beach on the Olympic Coast. Savor it. Pass "shark fin" sea stacks and semi-submerged rocks clinging with starfish. Watch pool-probing black oystercatchers, and surf-riding guillemots and scoters. Admire,

too, Alexander Island off in the distance.

Near a huge beach-protruding rock, locate a headland trail and take it climbing before dropping steeply to Goodman Creek. Ford the creek, which in winter and high tides may be impossible to cross. Then continue on trail through spruce forest soon coming to Falls Creek and yet another potentially problematic ford. A pretty cascade (hence the name) tumbles just upstream. Climb once again before steeply descending by way of rope and a precarious sand ladder to a beautiful sandy beach.

Toleak Point with its showy sea stacks and offshore natural arch is just

Continued on page 12



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a short hike to the north. A favorite destination for many a backpacker, fresh water and plenty of campsites can be found here and all the way to Strawberry Point one mile farther. Beyond, it's more steep bluffs, fabulous tide pools, and the Giants Graveyard, a flotilla of sea stacks and islands just off the coast. Try to time this section for

low tide. A low to medium tide is needed to get by two small headlands just beyond.

Next in line is Scott Bluff, an imposing headland with a jumble of boulders at its base. While it can be rounded in a low tide—it's rough and not advisable. Take the steep rope-assisted overland trail (not an easy route either) instead continuing to a cove flanked with flower-pot shaped sea stacks. Then locate an overland trail to make a long climb over Taylor Point, which can't be rounded at all.

Cross a creek near the top of a waterfall before dropping steeply with some aid of sand ladders to Third Beach. Then walk an easy half mile on this gorgeous beach along Strawberry Bay to a trail located near a stream. You can continue beach hiking another half mile toward Teahwit Head if you'd like to look for abandoned equipment once used by wildcatters—or complete your hike by following the trail 1.3 miles to the trailhead completing your adventure.

Craig Romano is Trails Editor of OutdoorsNW and is the author and co-author

of 12 Northwest hiking guidebooks including Backpacking Washington (The Mountaineers Books),

which includes more details on this and other Olympic Coast hikes. Visit him at www.CraigRomano.com



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Getting you on your way Trip Details

Distance: 17.5 miles one way

Green Trails Maps: La Push No. 1635

Trailhead Directions:

Southern trailhead: From Forks, travel south on US 101 for 15 miles turning right onto Oil City Road. Then proceed for 10.6 miles to trailhead.

Northern trailhead: From Forks follow US 101 north for 2 miles to junction with SR 110. Then proceed west on SR 110 bearing left at 7.7 miles onto La Push Road and continuing 3.8 miles to Third Beach Trailhead.

Notes: Shuttle needed. Route involves headlands that can only be rounded at low tides (carry tide chart), and via steep sand ladders (use caution). Route also involves creek fords dangerous in high tides and periods of high rains. Olympic National Park Wilderness Camping Permits (fee) required. Bear canister required (available at ranger station for rent).

Contacts: Olympic National Park Wilderness Information Center, www.nps.gov/olym

Buzz

Bremerton Summer BrewFest July 12

Bremerton, Wash.

Savor and celebrate summer and craft beer at the Bremerton Summer BrewFest July 12. This year's festivities will include 30 Washington breweries pouring more than 70 Washington beers.

Showcasing their creativity, many of the festival's brewers will offer beer poured through Randalls. These unique two-chambered filters can be stuffed to the brim with just about any ingredient to infuse drinks with a little extra oomph. Some examples of ingredients used in years past include oranges, extra hops, spices or cake.

While you're at the BrewFest, make sure you pick up a copy of *OutdoorsNW* magazine. We'd also love to know the oddest and most delicious ingredients you come across. Email Editor@OutdoorsNW.com or tweet to us @OutdoorsNWmag

Event Details

What: Bremerton Summer BrewFest

When: Noon-6:30 p.m., July 12

Where: Fourth Street and Pacific Avenue, Bremerton

Cost: \$20 advance; \$25 day of; \$15 Military (ID required); \$5 designated driver tickets.

Entry includes a tasting cup and six tokens each good for a 5-ounce taste. Additional tokens may be purchased. This is a 21 and over event.

No pets. Designated-driver entry includes free water and soft drinks.

Ticket Site: www.brownpapertickets.com/event/693104



Celebrating 40 years of outdoor adventure!

By Diane Rudholm

Do you like maps? Who doesn't? If you're like me, you probably have a few Green Trails maps in the nooks and crannies of your home, car and office just in case the explorer bug strikes.

Or, maybe you're more like mountain-bike guidebook author John Zilly who has a lot more than a few.

"I literally have hundreds of Green Trails' maps in my office," says Zilly. "I love (them). I've spent so much time staring at them, imagining cool trips."

Quality that stands the test of time

Green Trails Maps is observing its 40th anniversary this year with new maps, a new website and a new overall look for its brand. What hasn't changed is the grade-A quality that adventurers have come to expect and to rely on.

"When I started writing mountain bike guidebooks for the Northwest ... I always used Green Trails maps if I could while researching," says Zilly, a Seattle native. "They were the clearest and most accurate. They still are!"

Late founder Walt Locke started Green Trails Maps in 1973 when he saw an unmet need for quality hiking maps. Once a production coordinator for Boeing's lunar lander and a member of the 747's development team, Locke had a knack for spatial reasoning that proved to be perfect for mapping trails with a renowned level of accuracy.

In 1993, Locke handed the reigns over to current owner and president of Green Trails Maps Alan Coburn who



Craig Romano maps Mount St. Helens near Loowit Falls for Green Trails Maps. Photo courtesy of Craig Romano

continues to run the company with a reverence for its founder. When big decisions are on the drawing board, Coburn says that he and his team ask, "What Would Walt Do?"

Maps for adventurers of all ages

Green Trails Maps publishes more than 140 topographic recreation maps for wild places in the U.S., including scores of mountain, beach and desert areas in Washington, Oregon and British Columbia.

It also produces special MapPacks—offered on its website—that cover locations in the Mountaineer's *Hikes with Children* guidebooks. These maps are produced in a small size that is easy for children to manage, making them ideal for young hikers, birdwatchers and students.

"I started using Green Trails Maps (as a youth) back in the late 1970s," says Zilly. "My family would go on lots

Green Trails Maps Evolution



One of the ten essentials



New look for 2014

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We love these places

of hikes and extended backpacking trips. We'd always use a Green Trails map if one was available."

Nowadays, if you're in an outdoor recreation store in the Northwest, it's likely that you'll find some of Green Trails Maps' stellar creations. You can also check the company out online at www.GreenTrailsMaps.com

Diane Rudholm is the managing editor and social media manager of *OutdoorsNW* magazine.



5 Yoga Poses For Hikers

Stay Balanced On and Off the Trails

By Elizabeth R. Kovar M.A., Photos by Dane Doerflinger

Hikers often forget how much balance is required to safely and effectively hike and to avoid injury. Adequate balance is required when you are stepping on roots, standing on a rock or gazing at the horizon while walking.

Luckily, yoga is an efficient form of exercise to train for balance, flexibility and deep breathing simultaneously. The Yoga poses pictured here will lengthen your muscles, expand your lungs and improve your stability to keep you strong and balanced on and off the trail.

Hold these poses for 30 to 60 seconds per posture.

Complete this routine either by completing each pose (and both sides) as its own exercise, or flow into each pose with your right leg first, and switch to the left.

1. Hero Pose Variation

This pose opens the bottom of the feet, connective tissue and the plantar fascia, which is important for optimal gait and impact from hiking downhill.

How to perform: Sit on your shins and curl your toes under. Release your hips on your heels and allow your bodyweight to open the body of the feet.



2. Crescent Lunge

This pose strengthens the legs, challenges split-legged balance and primarily opens the hip flexor and chest.

How to Perform: From standing, step your right foot behind and stay on the ball of your back foot. Bend your left knee to 90 degrees over the ankle. Raise arms overhead and continue to breathe deeply.

3. Airplane Pose

This pose increases core strength, challenges one-legged balance and stabilizes the inner and outer thigh of the stance leg.

How to Perform: From Crescent lunge, bring arms to the side of the shoulders and slowly lower your back knee, similar to a lunge. Propel off and forward to balance on one leg. Hinge your hips forward. The most challenging pose places the torso parallel to the ground.

4. Triangle Pose

This pose opens hips, chest and the lateral side of the body. To increase the balance challenge, look toward the sky or close your eyes.

How to Perform: From airplane, slowly land your lifted



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leg onto the floor. Turn your front foot forward and your back foot perpendicular to your shin. Straighten both legs and reach your front arm forward toward your shin or the floor.

5. Tree Pose

Tree pose challenges one-legged balance while lengthening the upper body and inner thigh. To challenge balance further, close your eyes.

How to Perform: From triangle, bring your feet together, bend and rotate one knee away from your body. Place foot above or below your knee (or keep toes to floor to aid balance). Reach arms overhead, engage core and breathe deeply. 🌿

Elizabeth Kovar M.A. is a local Seattle fitness professional, freelance writer and workshop presenter. Kovar has studied yoga in five different countries. Please direct questions to www.elizabethkovar.com

The Slime Run is Back Sept. 13!

Need more slime in your life? You're in luck! The Slime Run—which made its debut this spring—will be back for even more fun on Sept. 13 at Remlinger Farms in Carnation, Wash.

This oozy, gloppy, slippery, squishy 5k is filled with the same gooey green gunk featured in the Nickelodeon Kids' Choice Awards. Add super-fun obstacles and slime cannons to the mix, and your inner child is sure to squeal in delight.

Real children (not just your inner child) are welcome to run the 5k race, too. They can also opt for a shorter route (just under a mile) that is overflowing with slimy fun.

Besides great memories, runners will receive



Photo courtesy of the Slime Run

a custom Slime Run medal to show their friends and family, an official Slime Run headband (very en vogue), one barrel of Slime Run slime and lots of other goodies.

Runners can also peruse vendor booths, dance to funky jams, compete in the slime toss and head over to the 21+ beer garden.

For more information and to register, go to: www.theslimerun.com/locations/seattle

Event Details

What: The Slime Run 5k

Date: September 13, 2014

Times: From 10 a.m.—noon waves of 300 or fewer runners start in 15-minute intervals

Where: Remlinger Farms, 32610 NE 32nd St., Carnation, WA 98014

Cost:

Through August 12: \$44

August 13–September 10: \$50

Day-of registration: \$65

Children 10 and under: \$27



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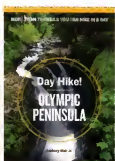


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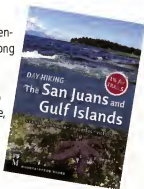
The **Day Hike!** Series from Sasquatch Books includes *Day Hike! Central Cascades* (\$19.95) and *Day Hike! North Cascades* (\$18.95), both written by Mike McQuaide; *Day Hike! Olympic Peninsula* (\$19.95) by Seabury Blair Jr.; and, *Day Hike! Mount Rainier* (\$18.95) by Ron C. Judd. We enjoy the detailed maps, colored photos and clear directions provided in all four books.

www.sasquatchbooks.com



Mountaineers Books is equipping outdoors enthusiasts for adventure this hiking season. Among its newest titles, you'll find Craig Romano's **Day Hiking: The San Juans and Gulf Islands** (\$18.95), which features 136 hikes near the Salish Sea. Thorough and precise, this pocket-sized guidebook rates trails for quality and difficulty, suggests kid- and dog-friendly trails, and provides tips for making the most of wildlife viewing.

www.mountaineersbooks.org



New from Wilderness Press this summer, **Top Trails: Olympic National Park & Vicinity** (\$18.95) by Doug Lorain offers useful guidance for adventurers who would like to fully experience the scenery and wildlife of Olympic National Park. It also offers detailed GPS coordinates for each hike—geocaching, anyone?

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King and Snohomish County Bike Trails

Here are our Top 12 Favorites!

By Rebecca Agiewich

For every mood, there's a bike trail in King or Snohomish County to match it. Rural or urban. Pavement or soft-surface. Flat or hilly. There are panoramas to blow the mind or soothe the soul: from iconic northwest features like Mount Rainier, Lake Washington and Snoqualmie Falls, to local gems like Lake Cassidy and the Fremont Canal Park.

A treasury of public art graces these trails, too. Fanciful sculptures, impressive earthworks or uniquely decorated tunnels delight in the most unexpected places. In short, these trails rock.

We describe 12 of our favorites here, but with 350 miles of trail to explore, you're bound to discover your own. Be sure to check out the free maps listed in our Resources section.

Snohomish Centennial Trail

In the 80s, a group of volunteers banded together, determined to turn an abandoned rail line in Snohomish County into a community trail system. Flash forward three decades: the beloved (yet not too crowded) Centennial Trail stretches for 33 scenic miles, with views of Mount Pilchuck, the Stillaguamish River and Lake Cassidy. The northernmost segment into Arlington was finished in late 2012.

Stop in Arlington for a brew at the Bryant General Store.

Length: 33 miles

Interurban Trail (north)

This popular commuting trail follows the old Interurban streetcar route between Seattle and Everett. Though mostly urban, it passes several lakes, and traverses occasional wooded stretches that feel more like wilderness than city.

Frequent rider Vanessa Wolf of Shoreline, waxes poetic about the route through Mountlake Terrace.

"Every fall it smells of cranberries and primroses," she says, "giving it a kind of ethereal beauty."

Length: 16 miles

Burke-Gilman Trail

The massively popular Burke-Gilman Trail provides a paved corridor from Seattle to Bothell. It hosts throngs of people in the summer, yet its landscapes—Lake Washington, Mount Rainier and Lake Union—emanate tranquility. Seattle cyclist Matt Cronin commutes daily on the trail.

"My favorite stretch is along the Fremont shipping canal in Seattle," he says. "Especially when the crew boats are practicing in the canal, it's incredible. This part of the trail is very quiet, despite being very busy."

Length: 20 miles

Connects to: Sammamish River Trail, Ship Canal Trail

Tolt Pipeline Trail

Foxworthy calls the uncrowded Tolt Pipeline Trail one of his favorites:

"It's 100 feet wide, has incredible views of mountain and city, and crosses through many different kinds of communities."

The Pipeline Trail also has some significant hills and roadway detours, but armed with a map and fat tires, cyclists can have a great day of adventure. Refuel at Woodinville's Redhook Brewery along the way.

Length: 14 miles

Connects to: Snoqualmie Valley Trail, Sammamish River Trail

Snoqualmie Valley Trail

This trail is "everyone's favorite for being out of the city in a rural environment," says Robert Foxworthy, Trails Coordinator for King County. At 31.5 miles, it's also King County's

longest. The soft-surface, mostly-flat pathway meanders past farms and parks between Duvall and the Cedar River watershed, offering views of the Snoqualmie River, Mount Si and Snoqualmie Falls. Don't miss the historic, 100-foot high Tokul Trestle.

Length: 31.5 miles

Connects to: John Wayne Pioneer Trail, Snoqualmie Ridge Trail, Tolt Pipeline Trail

Elliott Bay Trail

This flat, five-mile trail provides access to some of Seattle's best scenery, shopping and art. Rolling along Seattle's vibrant downtown waterfront, the trail passes near Pioneer Square and Pike Place Market. Then it heads north through the Olympic Sculpture Park, which dazzles with outdoor artworks like Eagle by Alexander Calder—that is, if you can take your eyes off the view of Rainier, the Olympics or seals surfacing in Elliott Bay.

Length: 5 miles

Alki Trail

The summer sun, surf and crowds of the paved Alki Beach Trail can evoke a southern California vibe. But the trail is also quintessentially Seattle. As it hugs the shore of Elliott Bay on its way to Alki Beach, it takes you over the unique West Seattle Swing Bridge, provides views of the iconic Seattle skyline and offers mini-lessons in Seattle history along the way with markers and monuments.

Length: 5 miles

Connects to: West Seattle Bridge Trail

Mountains-to-Sound (I-90) Trail

This well-lowed commuter and

Continued on page 20



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- 1 Snohomish Centennial Trail
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 - 9 East Lake Sammamish Trail
 - 10 Issaquah-Preston Trail
 - 11 Preston-Snoqualmie Trail
 - 12 Soos Creek Trail

Bike Trails of King and Snohomish Counties

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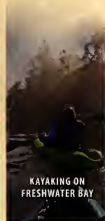
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recreational trail takes you across Lake Washington, lets you gaze at Mount Rainier and carries you through the wildlife-rich Mercer Slough. The paved trail extends from south Seattle to Bellevue and carries around a million people a year.

Though you certainly won't be alone here, you will be exhilarated by the green spaces, the graceful sculptures and the bracing experience of crossing the lake on the I-90 Bridge.

Length: 10 miles

East Lake Sammamish Trail

King County has been working hard on the East Lake Sammamish Trail, with the goal of making it fully paved. For now, the popular 11-mile route is paved on its north and south ends, with mostly soft-surface in the middle. It runs along the east shore of Lake Sammamish, serving up great views of Lake Sammamish and the Cascade foothills. Picnic at the peaceful Sammamish Landing or popular Lake Sammamish State Park.

Length: 11 miles

Connects to: Issaquah-Preston Trail, Marymore Connector Trail

Issaquah-Preston Trail

Climbing out of Issaquah on pavement, the Issaquah-Preston Trail passes intriguing sculptures on its way to the Issaquah Highlands. The trail turns to soft-surface as it continues its climb through forest with Issaquah Creek gurgling (and I-90 roaring) below. It passes a turnoff to Grand Ridge and Duthie Hill Parks, favorite spots for mountain bike fun. At rural High Point Way, this trail connects with the scenic (and quieter) Preston-Snoqualmie Trail.

Length: 7 miles

Connects to: Preston-Snoqualmie Trail, Rainier Trail, East Lake Sammamish Trail

Preston-Snoqualmie Trail

This peaceful, paved trail travels from Preston, through secluded woodlands, then dips down through the Raging River Valley before traveling to a viewpoint overlooking Snoqualmie Falls. Cyclists with fatter tires will enjoy the Whitaker Trail, which branches to the south and connects (with the help of a roadway link) to the Snoqualmie Ridge Trail.

Length: 7 miles

Connects to: Issaquah-Preston Trail, Whitaker Trail, Snoqualmie Ridge Trail

Soos Creek Trail

On the rural Soos Creek Trail, which travels six miles between Renton and Kent, "you feel like you're in a really cool video game with the way the landscape moves around you," says Seattle artist Susan Robb.

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surface, the route rambles through wildlife-rich landscapes that host spawning salmon in the fall, as well as muskrat, river otters, hawks, owls and many other birds.

Length: 6 miles

Seattle writer Rebecca Agiewich is a regular contributor to *OutdoorsNW*. Even though she has ridden bikes around the world from Patagonia to Europe, Rebecca still thinks the Northwest is one of the best places to ride.

Book Buzz

Whimsy and adventure for little cyclists!



We love the whimsical story and illustrations in **Eric's Big Day** (\$14.95) by Rod Waters. Published by VeloPress, this delightful children's book is sure to fuel the imaginations of the young cyclists in your life. www.velopress.com

Illustration by Rod Waters

Resources

Regional Trails in King County

Get the map online: <http://www.kingcounty.gov/operations/GIS/Maps/VMCI/Recreation.aspx#6366BDAC031C4B179A0225581D55A339>

Printed copies of the map are available for in-person pick-up at the King County Road Services Map Counter in the King Street Center in downtown Seattle.

www.kingcounty.gov/transportation/kcdot/Roads/MapAndRecordsCenter/MapCounter.aspx

Snohomish County Community Transit Bike Maps

Get the map online at: www.snohomishcountywa.gov/1182/Trails

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Family road trips that bring history to life!

The author's son checks out a map at the End of the Oregon Trail museum in Oregon City. Photo by Amy Whitley



Summer 'tis the season to put aside schoolbooks, but that doesn't mean the learning can't continue incognito.

The following road trips through the Northwest are filled with educational destinations that will make history come alive for kids—but they won't even realize they're in "summer school"!

Follow the path of Lewis and Clark

Start: Great Falls, Mont.

Finish: Astoria, Ore.

Total miles: 1,028

Begin exploring at the Lewis and Clark National Historic Trail Interpretive Center. Then drive Highway 200 to Lolo, Mont., where the Lolo Pass Visitor Center commemorates the most difficult part of the journey.

Continue west to Sacajawea State Park in Pasco, Wash., where the party camped at the Snake and Columbia Rivers. Walk part of the nearby Sacajawea Heritage Trail in Kennewick. Then drive to the coast at Cape Disappointment at Ilwaco, where kids will find great exhibits at the Lewis and Clark Interpretive Center.

Next, cross the border into Oregon to visit the company's winter quarters at Fort Clatsop. The Fort to Sea Trail is a great way to see the vistas of the ocean as the explorers did.

Take the Oregon Trail

Start: Glenns Ferry, Idaho

Finish: Oregon City, Ore.

Total miles: 590

Begin at Three Island Crossing State Park, where early pioneers on the Oregon Trail crossed the Snake River. The

visitor's center is worth a few hours of your time, and rustic cabins are available for overnights.

Drive northwest to Whitman Mission National Historic Site in Walla Walla, Wash. Then continue west along the Columbia to The Dalles, imagining the river journey of the pioneers.

Stop at Vancouver, Wash., the site of historic Fort Vancouver, then continue past Portland to historic Oregon City, where The End of the Oregon Trail Interpretive Center will keep families entertained with interactive displays.

Learn about Northwest Native Culture

Start: Vancouver, B.C.

Finish: Warm Springs, Ore.

Total miles: 375

Begin by introducing kids to the First Nations tribes of coastal B.C. at the University of British Columbia's Museum of Anthropology. This excellent museum offers indoor and outdoor exhibits. Drive south to Seattle, stopping at the Burke Museum of History and Culture.

The next day, head south on I-5 to Highway 26 (at Gresham, Ore.) to arrive at Warm Springs, Ore. Spend time learning about the Confederated Tribes of Warm Springs reservation at the Museum of Warm Springs. End with a stay at Kah-Nee-Ta Resort for a soak in hot springs!

Tailor your historical road trip to the interests of your

kids, and plan hikes and other active pit stops along the way. Ample camping opportunities abound for families who want to stay close to nature en route.



Amy Whitley of Medford, Ore., writes about her family adventures in NW Kids every edition in *OutdoorsNW*. Miss a column? Log onto www.OutdoorsNW.com and search NW Kids. You can follow more of Amy's adventures at www.PitStopsforKids.com

Resources

Many of the trails and routes listed in the story can be found here: www.nps.gov/lecl

Sacajawea State Park: www.parks.wa.gov/575/Sacajawea

Sacajawea Heritage Trail:

www.visittri-cities.com/visitors/heritage-&eco-tourism

Lewis and Clark Interpretive Center:

www.funbeach.com/lewis-clark-interpretive-center

Three Island Crossing State Park:

parksandcreation.idaho.gov/parks/three-island-crossing

The End of the Oregon Trail Interpretive Center:

www.historicoregoncity.org

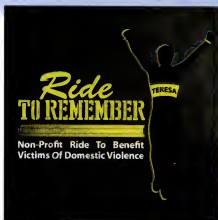
University of British Columbia's Museum of Anthropology:

www.moa.ubc.ca

Burke Museum of History and Culture: www.burkemuseum.org

Museum of Warm Springs: www.museumofwarmsprings.org

Kah-Nee-Ta Resort: www.kahneeta.com



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The Greener Trail

5 Tips for Earth-Friendly Running

Besides the rubber that wore off your shoes, chances are your last trail run was eco-friendly. Trail running provides the earth with healthy, fit, clean fuel-burning humans. Even so, there are ways to keep this sport green and lessen the effects it can have on the ecosystem.

Here are five ways to cruise down the trails with less impact.

Choose green races

Race organizers have an excellent opportunity to take the green running movement in stride and do their part for the environment.

Evergreen Trail Runs, based in Seattle, Wash., aims to acquire supplies from secondhand sources, use reusable cloth bags, partner with other events to share supplies, buy food in bulk to minimize packaging, use reusable cups, plates and cutlery, use bio-degradable cleaning products, provide recycle bins on site, partner with organic farms to provide locally harvested produce for aid stations, and offer biodegradable swag bags.

While it may not be possible to be 100 percent green all the time, there is room for other races to incorporate some of these same practices into their plans.

Reduce food packaging and waste

Fueling a runner is a constant work in progress. We feed our furnaces with

a constant flow of fuel, before, during and after our runs. Finding food that is healthy, sustaining and has a low impact on the environment is possible.

Look for energy drink powder in bulk to reduce packaging and waste, and keep an eye out for organic and natural options. Local health food stores are a great place to start your search.

You can even make your own endurance drinks and fuel at home; experiment to find what you like best.

Run to the trailhead or carpool

It's true that some of the best trailheads may be an hour or two away, but take advantage of the trails you have within running distance. Plan long runs with running to the trail in mind.

Many environmentally conscious runners consider this when choosing races. There is nothing wrong with driving across the continent to participate in a race. Still, remember

the impact of traveling and how much extra it will cost you. Driving less is one way to easily, but self-consciously, lessen impact. If you do drive to the trailhead, ask some running buddies to join you, and carpool.

While you're at it, why not arrange a trail run to pick up trash? You can schedule this once a month or week. Some runners even carry a bag with them and pick up some garbage on every run. Getting your running club or a few friends involved will accomplish even more.

Buy eco-friendly gear, and donate used gear

The production of running shoes is toxic and energy intensive. Shoe companies like Brooks and New Balance have been working in the right direction with intentional programs and efforts to use eco-friendly materials.

What about running-related gadgets and devices? Next time you want to buy a treadmill, GPS device or iPod, scan eBay. You will find that the market is swimming with used running gear. Buying used can keep this gear out of the trash, and out of landfills.

Green-minded runners are conscious of where their shoes and clothes go when they are finished with them.

Give your running gear a new home and second life at thrift stores and organizations like Shoes for Africa, Reuse-a-Shoe and Recycled Runners.

Reduce, reuse and recycle water containers

Applying the "reduce, reuse, recycle" theory to our hydration alone, cuts a huge chunk out of the impact we have as runners. Disposable bottles and cups are at times a necessary evil, but convenience is often not the best decision for the earth. The convenient disposable bottle will take years to decompose. Reducing and reusing water bottles will save bags and bags of garbage over the years.

If we do need to use a disposable bottle or cup, recycle it.

Let's take responsibility for running green. These five easy steps, alone, can lessen our impact of our already-green sport on the earth and keep our trails in the pristine condition that we love. Every stride we take toward a healthy and greener environment is well worth the effort.

Clint Cherepa is the Running Columnist for OutdoorsNW. He is currently in Nicaragua, where he has been busy training for ultramarathons and working on a new venture: www.strongerrunners.com. Miss a column? Log onto www.OutdoorsNW.com — search On the Run.

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True Grit:

New Shoe Technology from Brooks Running



Brooks PureGrit 3

I'm always excited for something new from Seattle's own Brooks Running.

I get to try a lot of different brands as someone who writes about fitness trends (a job I'm still amazed exists), and Brooks seems to be the most unabapologetically obsessed with the experience of running, no matter what your individual experience or preference may be.

No matter what you're looking for, no matter how specific, or seemingly impossible, they've got you covered. They have been doing this whole running shoe thing for the past 100 years, so they have a little experience in the industry.

So, while "minimalist trail-running shoe" may sound like an oxymoron, Brooks has figured it out.

Minimalist runners look for a shoe that's so light and barely there that it simulates running barefoot—and trail runners run on the most unstable and unforgiving terrain there is.

These two types of runners would seemingly have polar opposite needs. You either want shoes that allow you to feel the terrain beneath your feet and the impact of each step, or you want shoes that will protect you from rough trail terrain looking to trip you up with rocks, sticks, brambles and the occasional slug every step of the way.

Public opinion is limping away from the minimalist trend. Vibram, one of the most recognizable minimalist shoemakers, recently lost a lawsuit forcing them to pay back \$3.75 million

to consumers who bought shoes based on unfounded claims that they reduce injuries and pain. Regardless of lack of scientific backing, many still swear by them and crave what Brooks calls a "feel experience."

Designed for runners who want to feel, Brooks' PureProject line released the PureGrit 3 in June 2014, the third installment of lightweight trail-running shoes with substantial protection that still allows for a natural ride.

Brooks pulled from rock climbers for the redesign, creating a flexible, barely-there shoe with a hex lug outsole for maximum grip and a toe guard for protection and traction. The forefoot rock plate allows the shoe to keep up with beefier versions on technical terrain, so the runner won't be confined to well-manicured trails. The PureGrit 3 thrives off the beaten path.

I'm someone who prefers a plush, float experience (and, yes, Brooks has a ride for that stride, too).

I've tried all kinds of athletic shoes in my career and always find myself disappointed by the lightweights,

wracked with knee and foot pain because of the lack of cushioning while pounding pavement. (I wouldn't even think to try any of them on anything as inconsistent as a trail). I was pleasantly surprised to find that the PureGrit 3 satisfied my need for protection, while keeping the overall lightweight feel.

Perhaps it's the traditional tongue instead of the typical lace-up Aqua Sock design that makes them more relatable or the ballistic rock shield bottom assuaging any fear of impaling myself. At any rate, these shoes are substantial enough that I felt as though I was wearing a piece of gear that was enhancing my performance, not an expensive sock meant to mimic wearing nothing at all.

Call me crazy, but that's one experience I crave from all of my shoes. 🌱



Kelly Turner is a Seattle-based ACE certified personal trainer and fitness writer. You can contact her at KellyTurnerFitness@gmail.com.

Twitter: @KellyTurnerFit Instagram: KellyTurner26. Miss a column? Log onto www.OutdoorsNW.com and search Health Nut.

Brooks 'Runs Happy' in Seattle August 2014

Seattle, Wash.

Brooks Sports, Inc.—parent company to Brooks Shoes and Moving Comfort apparel—will relocate its global headquarters from Bothell, Wash., to Seattle's Fremont/Wallingford area this August.

The company's new digs will be located in the 3400 Stone project by Skanska USA Commercial Development, right on the Burke-Gilman Trail.

"We have an incredible opportunity to create a new home for our leading performance brands that exemplifies who we are and ingrains us in the local running community," said Jim Weber, president and CEO of Brooks Sports, Inc. "Brooks' mission is to inspire people to run and be active, and it's our hope that we become a welcoming trailhead along the Burke-Gilman Trail. We believe runners, walkers and others will gather at Brooks to meet friends, start their workouts and celebrate a good run."

To learn more about Brooks, go to: www.brooksrunning.com



Artist's rendering of the 3400 Stone Way N. project where Brooks will make its new home. Rendering courtesy of Brooks Sports, Inc.

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Oboz Helium: Ultra-light shoe is a gas to hike in!

By Craig Romano/NW Trails Hiking Editor

I've been a big fan of Oboz Footwear for many years now and have put several of their models to the test on the trail. They always pass with flying colors. Oboz's newest model, the **Helium**, a "multi-sport, multi-tasker" shoe is no exception. Built like a trail-running shoe, yet a little more rigid in the outsole for stability; the Helium is ultra-light, ultra-breathable and ultra-comfortable. This shoe is ideal for packing in lots of miles on the trail and perhaps a little scrambling and belaying along the way. Retail price: \$120. www.ObozFootwear.com



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Before heading out, call ahead to verify times, fees and events. Always be prepared with appropriate equipment and food if necessary.

Those events highlighted in yellow also have an accompanying ad elsewhere in the magazine. Thank you for supporting our advertisers.

Bicycling

July

- Jul. 12: Tour des Chutes, Bend, OR, 7, 25, 48, 72, 100mi, www.tourdeschutes.com
 Jul. 12: Seattle to Portland Bicycle Classic, Seattle to Portland, www.cascade.org
 Jul. 12: Redmond Derby Days Criterium, Redmond, WA, www.gracindig.com
 Jul. 12: Seattle to Spokane, WA, Ultraride, www.redmondycyclingclub.org
 Jul. 16-20: Redmond Rotary's Bicycle Tour (Redspoke), Redmond to Spokane, WA, 300mi, www.redspoke.org
 Jul. 18-20: Mountain Bike Oregon, Oakridge, OR, Festival, www.mtbkeoregon.com
 Jul. 19: Jedermann Gran Fondo Bike Ride, Cheney, WA, www.vendports.com
 Jul. 19: CF Cycle for Life Portland, Portland, OR, 35, 65, 100mi, www.lighter.cfl.org
 Jul. 19: High Cascades 100, Bend, OR, 75-80mi, www.mudslingerevents.com
 Jul. 19: 26th Annual Tour De Peaks Bike Ride, North Bend, WA, 25, 50, 100mi, www.tourdepeaks.org
 Jul. 26: Tour de Whatcom, Bellingham, WA, 25, 50, 105mi, www.tourdewhatcom.com
 Jul. 26: Jackson's Ride the Gorge, Hood River, OR, www.jacksonsridethegorge.org
 Jul. 26-27: DoubleDay Ride to Defeat ALS, Mt. Vernon, WA, 68-105mi, web.als.org/DoubleDayRide
 Jul. 27: Tour de Kitsap, Kitsap Peninsula, WA, www.westsoundcycling.com
 Jul. 27: CF Cycle for Life Woodinville, Woodinville, WA, www.cycle.cfl.org
 Jul. 31: RAMROD, Enumclaw, WA, www.redmondycyclingclub.org

August

- Aug. 1-3: OR MS Bike Ride, Monmouth, OR, www.bikeor.nationalmssociety.org
 Aug. 1-3: Tour de Lane Bike Rally, Junction City, OR, 32-104mi, www.tourdelane.com
 Aug. 2-3: Tour de Lavender, Kingston, WA, 100mi, www.tourdelavender.com
 Aug. 2-4: Courage Classic, Snoqualmie, WA, 173mi, www.multicore.org
 Aug. 2-3: Dirt Series Oregon, Hood River, OR, Women's camp, www.dirtsenses.com
 Aug. 2-3: Ride the Hurricane, Port Angeles, WA, recreational ride limited to 250 riders, Cost \$25, www.portangies.org
 Aug. 3-9: Ride Idaho, Sun Valley, ID, 410mi, supported, www.rideidaho.org
 Aug. 10-16: Obliterite, Seattle, WA, Benefits Fred Hutch, www.obliterite.org
 Aug. 9: RIDE D'VINE, Yakima, WA, www.cdvalley.com
 Aug. 9-16: Oregon Bicycle Ride, Pendleton, OR, 500mi, www.bicycledrivesnw.org
 Aug. 9: Ride The Mountains, Cle Elum, WA, 50mi, www.ridethemountain.org
 Aug. 10: Tour de Peaks Washington, Snoqualmie Valley, WA, www.tourdepeaks.org
 Aug. 10: Providence Bridge Pedal, Portland, OR, 100mi, www.providence.org/bridgedpedal
 Aug. 16: Crater Lake Century, Klamath Falls, OR, 62, 100mi, www.craterlakecentury.com
 Aug. 16-17: RSVP2, Seattle to Vancouver, BC, 100mi, www.cascade.org
 Aug. 23-24: RAPSoody, Tacoma, WA, 165mi, www.rapsoodybikeride.com
 Aug. 23-24: Barlow Road Ride, Oregon City, OR, www.barlowroadride.com
 Aug. 23: Beaverton Banks and Beyond Bicycle Tour, Beaverton, OR, 32, 64, 86, 100mi, www.beyondbicyclefestivalcouncil.org
 Aug. 23-24: 2014 Gigantic Bicycle Festival, Seattle, WA, www.giganticbicydefestival.org

September

- Sep. 3-7: USA Cycling Masters Road National Championships, Bend, OR, www.visitenbend.com
 Sep. 6: Rathdrum Adventure Race & Heritage Festival, Rathdrum, ID, www.rathdrumadventure.com
 Sep. 13: Passport to Pain, Vashon Island, WA, www.passport2pain.org
 Sep. 20: Ride to Remember, Canby, OR, www.ridetorememberpdx.com
 Sep. 20: Tour de Whidbey, Oak Harbor, WA, www.whidbeyen.org

Sep. 28: Harvest Century, Hillsboro, OR, www.harvestcentury.org

Multisport

July

- Jul. 12: Sk Foam Fest Issaquah, Issaquah, WA, www.skfoamfest.com
 Jul. 12-13: Ocean Shores Big Weekend Tri and Foot Fest, Ocean Shores, WA, Olympic, sprint, tri, 10k, 5k, Sun-tri, www.oceanfoam.com
 Jul. 12: Clear Lake Triathlon, Clear Lake, WA, Adult, youth, www.skagitcountynet.net
 Jul. 19: Iron Warrior Dash Bonney Lake, Bonney Lake, WA, Mud, fire, obstacles, www.warriordash.com
 Jul. 19-20: ChelanMan Multisport Weekend, Lake Chelan, WA, Sprint/Olympic, 1/2 Iron Tri, 1/2 S & 10k, www.chelanman.com
 Jul. 19: Padden Duathlon, Bellingham, WA, www.mymxnetrace.com
 Jul. 19: Ride the Reaper Whidbey, Yammill, OR, 6mi, obstacle, www.reapertrifire.com
 Jul. 20: Affinity Dashes Duathlon, Duathlon & Kids Triathlon, Vancouver, WA, www.vpnspersonaltraining.com
 Jul. 20: Benaroya Research Institute Triathlon at SEAFair, Seattle, WA, www.seafair.com
 Jul. 26: Ellensburg Sprint Triathlon, Ellensburg, WA, www.buduracing.com
 Jul. 26: Sk Foam Fest Portland, Portland, OR, Foam, mud, obstacles, www.skfoamfest.com
 Jul. 26-27: Deschutes Dash, Bend, OR, 14mi/63.1mi, www.deschutesdash.com
 Jul. 26: Olympia Triathlon, Olympia, WA, Relay, solo, www.olympiatriathlon.com
 Jul. 27: Whiskey Dick Triathlon, Ellensburg, WA, www.buduracing.com

August

- Aug. 2: Spartan Sprint, Washougal, WA, 3mi, mud, obstacles, www.spartanrace.com
 Aug. 2: Wahine Triathlon / Duathlon, Portland, OR, Hawaiian themed, www.wahine.com
 Aug. 3: Midsummer Triathlon/Duathlon, Portland, OR, www.triathloncenter.com
 Aug. 3: Bellingham Youth Triathlon, Bellingham, WA, Ages 6-13, www.cob.org
 Aug. 9: Coeur D'Alene Triathlon, Coeur D'Alene, ID, tri, du, www.cdatriathlon.com
 Aug. 9: Lake Tyti Triathlon, Monroe, WA, Sprint, Olympic, www.laketiti.com
 Aug. 10: Wild Hare Triathlon, Allyn, WA, www.wstriclub.com
 Aug. 16-17: Mud to Suds Race, Ferndale, WA, www.mudtosuds.com
 Aug. 16: Beaver Lake Triathlon, Beaver Lake Park, Sammamish, WA, www.beaverlake.com
 Aug. 16: Whidbey Island Triathlon, Langley, WA, www.whidbeytriathlon.com
 Aug. 17: Iron Girl, Seattle, WA, 5mi/5.12mi/63.1mi, www.irongirl.com
 Aug. 17: Sammamish Triathlon, Issaquah, WA, www.buduracing.com

- Aug. 23: Buccanere Rampage Mud Run, Newport, OR, www.buccanerampage.com
 Aug. 24: WARP Triathlon, Eugene, OR, 1k PB/5k R/15k B, www.warp.com
 Aug. 24: Lake Meridian Triathlon - August, Kent, WA, www.lakemeridiantri.com
 Aug. 24: Titanium Man Triathlon, Richland, WA, 1.5k/5.40mi/10kR, www.3mi.org
 Aug. 30: Bonney Lake Chamber of Commerce Triathlon, WA, www.buduracing.com

September

- Sep. 1: Multisports Canada Vancouver Triathlon, BC, www.multisportscanada.com
 Sep. 6: Iron Horse Traverse, North Bend, WA, www.recreationnorthwest.com
 Sep. 20: Bellingham Traverse, Bellingham, WA, www.recreationnorthwest.com

Hiking & Outdoors

July

- Jul. 3: Beers Made By Walking Hikes, Portland, OR, www.beersmadebywalking.com
 Jul. 11-13: Windrider Kite Festival, Grayland, WA, www.westportgrayland-chamber.org
 Jul. 19-20: San Juan Island Lavender Festival, Friday Harbor, WA, www.pleinairdabivalender.com
 Jul. 19: Sandations Sandcastle Contest, Long Beach, WA, www.funbeach.com
 Jul. 19: Sand Master Jam, Florence, OR, Sandboarding, www.sandmasterpark.com

August

- Aug. 1-3: Sky Fest, Index, WA, Workshops, races, www.skyfest.org
 Aug. 16: Everett Craft Beer Festival, Everett, WA, www.washingtonbeer.com
 Aug. 16: Xwest Huxst Fleet, Florence, OR, Sandboarding, www.sandmasterpark.com
 Aug. 16: 2014 Geocaching Block Party, Seattle, WA, www.geocachingnbgblockparty.com
 Aug. 17: Beers Made By Walking Hikes, Portland, OR, www.beersmadebywalking.com
 Aug. 18-24: WA State International Kite Festival, Long Beach, WA, www.funbeach.com
 Aug. 23: MountainFilm on Tour Winthrop, Winthrop, WA, www.mountainfilm.com
 Aug. 25: WA State Parks Free Day, Statewide, NPS's birthday, www.adventureawaits.com

Running

July

- Jul. 12: Run to the Top, Tacoma, WA, 5k, www.mttopofatop.com
 Jul. 12: Kent Cornucopia Day 5k Fun Run, Kent, WA, www.kentvga.gov
 Jul. 12: Chuckanut Foot Race, Bellingham, WA, 7mi, www.gbrn.net
 Jul. 12: Mountain Madness Run, Sandy, OR, 5, 10k, www.mthoodac.com



Jul. 12: Scott Cougar Mountain Trail Run Series #3, Newcastle, WA, www.mtntrailruns.com
Jul. 12: Cougar Mountain Trail Running Series July, Newcastle, WA, 10mi, www.seattletimberclub.org
Jul. 12: Magnuson Series Summer Spirit Run, Seattle, WA, 5, 10, 15k, www.magnusonseries.org
Jul. 12: Bandit Springs, Prineville, OR, One runner, one horse/ride, www.rideandrun.org
Jul. 12: Crown of Queen Anne Fun Run/Walk, Seattle, WA, 3.1mi, www.queenannefunrun.org
Jul. 13: Bare Buns Fun Run, Issaquah, WA, Clothing optional 5k, www.fraternitiesnoqualme.com
Jul. 13: Fueled by Wine Fine Half Marathon, Stoller Vineyards, OR, www.fueledbywine.com
Jul. 13: Outdoor Sunday Evenings, Beaverton, OR, 5k, 1mi, www.suvible.org
Jul. 13: See Jane Run, Seattle, WA, Women, 1/2, 5k, www.seejanerun.com
Jul. 13: Be the Match Walk/Run, Portland, OR, 1.5k, www.bethematchfoundation.org
Jul. 19: Klahaya River Run, Snohomish, WA, 1, 5mi, www.klahayadays.com
Jul. 19: Seaside Beach Run, Seaside, OR, 5, 10k, kids, www.seasidebeachrun.org
Jul. 19: Refuse to Abuse 5K, Seattle, WA, www.refusetobu5k.org
Jul. 20: Harvest Hay Half, Battle Ground, WA, www.harvesthayhalf.getboldtogether.com
Jul. 25-27: Eugene Marathon, Eugene, OR, Full, 1/2, 5k, www.eugenemarathon.com
Jul. 26: Anacortes Art Dash, Anacortes, WA, 1/2 & 5k, www.anacortesartfestival.com
Jul. 26: Torchlight Run at SEAFAR, Seattle, WA, 5, 8k, www.seafar.com
Jul. 27: SummerRun & Walk for Ovarian Cancer, Seattle, WA, 5k, www.summerun.org
Jul. 27: Whiskey Dick 10k Run, Ellensburg, WA, www.buddracing.com
Jul. 27: Xterra Lord Hill Trail Half & 10K, Snohomish, WA, www.mtntrailruns.com
Jul. 27: Chuckanut Mountain 12k/30k, Bellingham, WA, www.bellinghammtnclub.com
Jul. 27: San Francisco Marathon, San Francisco, CA, Full, 1/2, 5k, www.runsfm.com

August

Aug. 1: Dual Duel Portland, Portland, OR, 10mi, sole/relay, www.oregoncancer.org
Aug. 2: Tacoma Narrows Half, Tacoma, WA, www.tcmarevents.com
Aug. 2: Grand Ridge Trail Run, Issaquah, WA, 5mi, 1/2, full, 50k, www.evergreentrailruns.com
Aug. 2: Foster Kids 5k, Redmond, WA, www.fosterkids5k.org
Aug. 2: Tacoma Narrows Half Marathon, Tacoma, WA, www.tacomannarrowshalf.com
Aug. 2: Spartan Race, Washougal, WA, Obstacles, www.spartanrace.com
Aug. 2: Grand Ridge Trail Run II, Issaquah, WA, www.evergreentrailruns.com
Aug. 3: Port Gamble Half Marathon, Port Gamble, WA, www.rootsrockrun.com
Aug. 8: Electric Run, Seattle, WA, 5k, www.electricon.com
Aug. 9: Park to Plant, Tacoma, WA, 5k, www.parktoplant.com
Aug. 9: Haulin' Aspen Trail Run Half Marathon and Marathon, Bend, OR, www.haulinaspen.com
Aug. 9: Crater Lake Rim Run, Crater Lake Nat'l Park, OR, Full, 1/2, www.craterlaketrailrun.com
Aug. 9: Magnuson Series Summer Fitness Day, Seattle, WA, 5, 10k, 1/2, www.magnusonseries.org
Aug. 9: Run with Heart 5K, Everett, WA, www.runwithhearteverett.com
Aug. 10: Lake Union 10K, Seattle, WA, www.lakeunion10k.com
Aug. 10: Timberline Mt Run, Mt. Hood, OR, 6-8mi, www.timberlinemtrun.com

Aug. 10: Mighty Tightly Whitey, Kirkland, WA, 5, 10k, www.tiffraek.com
Aug. 10: Mud and Chocolate Trail Runs, August, Sammamish, WA, 4.5mi, 1/2, www.mudandchocolate.com
Aug. 10-11: Four Lakes 10k, Garden Bay, BC, www.sunnysidecoastalistics.org
Aug. 10: Bridge of the Gods Run, Cascade Locks, OR, 1/2, 10k, www.facebook.com/bridgeofthegodsalfmarathon
Aug. 16: Ironkids, Lake Stevens, WA, www.ironkids.com
Aug. 16: 10K Bear Creek Run, Vernonia, OR, 5, 10k, www.brazenacres.com
Aug. 16: Albany Half Marathon, Albany, OR, www.albanyhalfmarathon.org
Aug. 16: Run for Jacoby 5K, Puyallup, WA, www.gotearnjacobycob.com
Aug. 17: Color Rush 5K, Wenatchee, WA, www.coloreventhree.com
Aug. 23: Mesa Falls Marathon, Ashton, ID, Full, 1/2, www.mesafallsmarathon.com
Aug. 23: Seattle Marathon 10K Summer Race, Seattle, WA, www.seattlemarathon.org
Aug. 23-24: Cascade Crest Classic, Easton, WA, 10k, 100mi, www.cascadecrest100.com
Aug. 23: Summer Blast at Redmond Watershed, Redmond, WA, www.mtntrailruns.com
Aug. 24: Dog Days of Summer, Bellingham, WA, Full, 2.63mi, dogs welcome, www.whatcomhuman.org
Aug. 30: Pocatello Marathon Running the Gap, Pocatello, ID, Full, 1/2, 5 & 10k, 1mi, www.pocatellomarathon.com
Aug. 30: Over the Narrows Run, Gig Harbor, WA, 10mi, 5k, www.overtthenarrows.com
Aug. 31: Oregon Wine Country Half Marathon, Willamette Valley, OR, 1/2, relay, www.runfororegon.com
Aug. 31: Oregon Wine Country Half Marathon presented by Newton Running, Dayton, OH, www.destinationraces.com

September

Sep. 1: ORCC Wildwood Trail Trail, Portland, OR, 10k, www.oregoncancer.org
Sep. 1: Labor Day Half, Redmond, WA, Barn, Half Marathon run/walk, www.labordayrun.com
Sep. 13: Silme Run, Carnation, WA, www.thesilmerun.com

Sep. 28: Bellingham Bay Marathon, Bellingham, WA, www.bellinghambaymarathon.org

Walking/Fitness

July

Jul. 16: Strides For Strong Bones 5k Fun Run-Walk, Spokane, WA, www.washingtonbones.org
Jul. 12-13: Relay for Life Mukilteo, Mukilteo, WA, Benefits American Cancer Society, www.relayforlife.org
Jul. 13: Wacky Wheelays, Kirkland, WA, Free, www.nsb.org
Jul. 25-27: IKEA Renton River Days Walk, Renton, WA, 1, 2, 3, 4, 5, 10k, www.rentonwa.gov
Jul. 26: Trek Across Tokeland, Long Beach, WA, www.funbeach.com
Jul. 27: Portland Brain Tumor Walk, Portland, OR, www.brainrun.org

August

Aug. 22-23: Portland to Coast Walk Relay and High School Challenge, Portland, OR, www.portlandtothecoastwalk.com

Watersports

July

Jul. 11: Blueeventy Friday Night Swim Race, July, Kent, WA, 5, 1.2 & 2.4mi, www.fridaynightswimraces.com
Jul. 12: MasterCraft Pro Wakeboard Tour, Monroe, WA, www.wakeboardingmag.com

Jul. 12-13: Paddle Bainbridge, Bainbridge, WA, 27mi, www.olympicoutdoorcenter.com
Jul. 12: Manchester Race, Manchester, WA, 10-mi row, www.soundrowers.org
Jul. 13: Silver Lake Open Water Swim, Silver Lake, WA, Aquafun adult and Youth Race, www.fishstrongswimmers.com
Jul. 19: Seattle Dragonboat Festival & Race, Seattle, WA, www.teamsonivarnrow.org
Jul. 19: Fat Salmon Open Water Swim, Seattle, WA, 1, 3mi, www.fatsalmonswim.org
Jul. 19: Heroes 2 Oregon Paddle Challenge, Lowell, OR, Dragonboat, www.eugeneoceanrace.com
Jul. 26: Elk River Challenge, Westport, WA, 2, 7mi, www.soundrowers.org

August

Aug. 2: DaGrind, Seattle, WA, Canoe, www.dagrind.org
Aug. 8: Blueeventy Friday Night Swim Race, Kent, WA, www.fridaynightswimraces.com

Aug. 9-10: Paddle Kitsap, Kitsap, WA, 20mi, www.olympicoutdoorcenter.com
Aug. 9: Round Shaw Row, Shaw Island, WA, 14mi, www.soundrowers.org
Aug. 16: Emerald City Open Water Swim Race, Seattle, WA, www.cityofseattle.net
Aug. 17: Ceau d'Alene Crossing, Ceau d'Alene, ID, 2-4mi, www.cdacrossing.com
Aug. 18-22: Paddle Oregon, Willamette River, OR, 103mi, www.paddleoregon.org
Aug. 23-24: Columbia Gorge Paddle Challenge, Hood River, OR, Solo, team, www.gorgepaddlechallenge.com
Aug. 23: Pacific Northwest Outrigger Challenge, Seattle, WA, Canoe, www.pnworca.org
Aug. 30: Martha Lake Open Water Swim, Lynnwood, WA, www.MarthaLakeSwim.com

September

Sep. 1: Roy Webster Columbia River Cross-Channel Swim, Hood River, OR, www.hoodriver.org

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